

THE PICARO

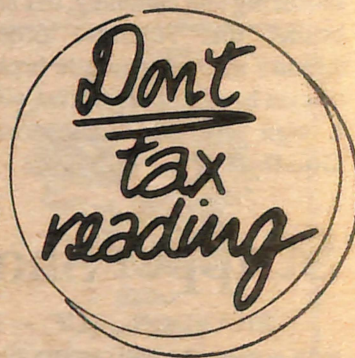
Mount St. Vincent
University

Volume 5

1



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OCT 1989
TO THE EDITOR
JANE DOE

Murphy's Law on Life

An easily understood work-
able falsehood is more useful than
a complete incomprehensible
truth.

PICARO

Excited about doing nothing and tucking away all knowledge--and all worries about the lack of it--for the long weekend, I settled into my seat, closed my eyes and waited for the bus driver to take the county roads home.

To my disappointment, a man awakened me, not with boisterous conversation or yelling, but with the hand communication through the tinted window, he signed to his friends at the station. The fan in the bus, the motoring and rumbling, did not bother him. Attentive to one friend's message, a smile broke out on his face, and replied with a sign everyone understood. Goodbye.

Everyone on that bus was on the outside of their communications--a place where the general public does not get put very often. I thought it was fascinating and, me being who I am, had to tell him so. I tapped on his shoulder and passed him my note. He smiled, picked up his stuff and came to sit with me and we exchanged ideas and stories on the way home.

Darrell shared pictures of a wedding he had just attended and he pointed to a long table where he sat with his friends. The bride and groom (who also shared the world of silent communication) sat only a table away.

Tired from the first few

weeks of school and the little bit of extra effort it took to communicate, Darrell shut off our overhead light and I slept the rest of the way.

When I got home I had to write something, thinking at first that ignorance was the major problem of special interest groups. I changed my opinion though when I thought about our quaint little campus and our problem of inaccessibility.

Administration here is aware of the problem but the knowledge has not helped them see the light. They seem to think that one entrance to the EMF Centre through the front doors of Seton is accessible enough. If

you ask Paul LeBlanc you will realize that this is not so.

Not long ago, the smell of tar and men working on the roof of Seton disturbed everyone. It did not disturb us as much as it did Paul. With the front doors of Seton locked we entered through the second floor entrance of EMF to get to class. Paul, however, had to wait ten minutes for security to open the doors of the art gallery, with the doors locked both Seton and the EMF Centre were inaccessible to Paul.

Prejudice is often caused by ignorance but, at an institution of higher learning, people should be made more keenly aware of social problems. At this uni-

versity where such social problems exist and are maintained, a higher form of prejudice is practised--not one based on ignorance but on unsympathetic individuals.

These people could redeem themselves. The EMF Centre can be made accessible. All they have to do is put their educated heads together in a spirit of true social change within the university community.

By Jean Sloan



Stripper Shocks

BRANDON (CUP) -- A man was escorted off campus after he stripped nude in front of a Brandon University classroom full of pre-teens last week.

A grey-haired young man walked into an evening computer class for children last week and removed his clothing. Witnesses say he lay down on the floor, and beckoned people to approach him.

The children were then removed from the class and campus security was summoned, witnesses said.

The security guard managed to convince the man put his clothes on while she detained him for the police. But she couldn't keep him from urinating in a wastepaper basket.

The man was identified as

Barry Stone, a patient at the Brandon Mental Health Centre.

The centre's medical director said something obviously happened that shouldn't have. I'll have to consult with his physician and the nursing staff here to determine exactly what did happen.

Brandon City Police refused to say if the man has been charged.

A Letter Worth Reading

To Mr. Trueman:
From Paul Reyno, Director
Physical Plant

In response to your recent letter inquiry about the University's fee structure of the parking permits, the following information should help bring you up to date on the current situation regarding these fees.

The full-time parking fees were reduced in September 1987 in an effort to accommodate part-time students. Unfortunately, this system was abused by enough students to warrant returning to the one-fee-parking structure, with reference to the semester, reduced fees for one semester; full fees for longer than one semester.

One example of abuse is the use of car pool permits. This year to date 287 permits were issued compared to 52 permits last year. Up until last year, pool permits were issued in the following manner: the first vehicle paid full fee; the second vehicle paid a \$2.00 fee, covered by a sticker for each vehicle. This year we introduced a hanging permit which costs \$65 and must be moved to the vehicle which will be used on campus.

by Padraic Brake
HALIFAX (CUP) -- Nova Scotia's student federation says students on financial aid need \$2000 more per year in grants.

This is one of the Students' Union of Nova Scotia (SUNS) recommendations in its September report "Student Aid For The 1990s."

The SUNS recommendations are in response to the Maritime Provinces Higher Education Commission (MPHEC) report of the same name, published in February.

"We would like an increase in the bursary program because that is the only way the government is going to keep the debt load down for students," SUNS chair Lara Morris said.

Nova Scotia university students can get up to \$5360 in Canada Student Loans and provincial government bursaries.

A student living in residence at Acadia University in Wolfville, N.S. will pay approximately \$5400 in tuition fees and residence fees alone. This does not cover books, travel costs or university-related incidental fees.

In the past, whether taking one course or multiple courses, the parking permit allowed unlimited access to parking facilities. With the opening of the new library, parking patterns have increased dramatically, the parking permit is a license for access. It is impossible to monitor how many visits are made by each vehicle.

There has been great difficulty and expense in monitoring part-time permits in comparison to the full-time permit holders. The more the exceptions, the greater the costs.

"The situation at Acadia is similar to other schools in the province because student aid is not keeping up with actual costs," said Dalhousie student council vice-president Terry Crawley.

The MPHEC recommended that the maximum student aid available to students be increased to \$7000.

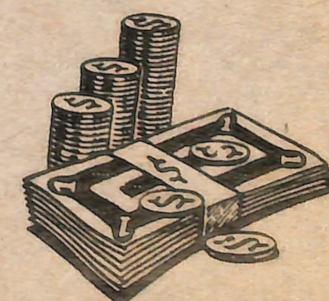
"The MPHEC recommendations in the past have been acted upon in part by the New Brunswick government, but Nova Scotia has done very little," said Crawley.

He also said the committee hasn't changed its recommendations on financial aid in ten years.

The commission's figures used to determine students' costs of living are "years out of date," Crawley said.

"We are reaching the point where students from working class and lower middle class families will find higher education unaccessible," said Crawley.

In an effort to make the Campus accessible to as many members of the University community as possible, and to provide some degree of parking for visitors, fees have been structured to eliminate abuse. In addition, all campus parking fees were raised this year as a result of increased costs.



Tillman Talks

By John Tillmann

Thanks to the efforts of Bill Giffen, Doug Smith, and Paul Carroll, the Mount can proudly boast of having a brand new men's intramural ice hockey team, called the Mount Alpines.

I, myself, had the pleasure of playing the first game of the year, and I being the obliging fellow that I am, even played for Dalhousie due to them being short-handed. The game ended up in an old-fashioned tie of 3-3. After the game, of course, all the boys headed back to Vinnies, where sore muscles were relaxed by much partying.

I think that a tip of the hat is due to Bill and Doug, who spent

a great deal of time and energy to organize the entire project, and to Paul, for squeezing support from Moosehead Breweries and providing us with very attractive jerseys.

It's great to have a team such as this where all the guys can partake in fun and competitive sport, something which may be lacking here at the Mount.

Sometime in early November, the Alpines plan to have a fundraising pub nite to raise money for our team. So watch for the party folks and come join us, and help support something new this year--ice hockey at the Mount.

The Return of Bessie

Alf Blanchard

What is located just after cattail and just before cattleman in most dictionaries? Bessie Bingo. No, actually it is cattle. Not cows, cattle! For those of you who love bovine animals listen, and for those who want to win some money pay even more attention.

Cattle supply approximately 50% of the world's meat and 95% of the world's milk. They also supply 80% of the leather used for shoes and other products. (Remember your lost McDonald's hamburger?)

So, why the sudden fascination with cows, excuse me, cattle? Well, the Mount's adopted bovine is on the prowl again. No, not at Vinnies Lounge but in a pasture. Bessie's back and we are anxiously awaiting some cow chips. Speaking of cow chips, here are some interesting and useless cow chip tips. A score of 100 means you have nothing better to do. But remember these are trivia questions. Why are they

called trivia? Because who cares!

Q: What is the most common characteristic of cattle!

A: They are fat and ugly.

Q: If you were in Tibet what would you call your cow?

A: A yak.

Q: How many stomachs does a cow have?

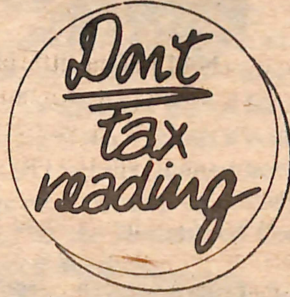
A: Four.

Q: Name them?

A: Get a life will you!

Enough. Tickets will soon be available for Bessie Bingo. They can be had for a measly two bucks each. Buy them at the booth/table just outside SAC 304 or from most public relations students.

You can win \$100. All you have to do is figure out what plot of land Bessie will drop her load, and you win. So, it is important to know the average digestion time and peristalsis of a cow. Strategy is of the utmost importance. Stayed tuned for more information contact Janice Petit, 445-5540.



Nadine DeCoste

Federal Finance Minister, Michael Wilson, announced that a new federal tax of nine per cent called the Goods and Services Tax (GST) will be charged starting on January 1, 1991.

So far the only items exempt from this tax are food, rent and medical services. The Don't Tax Reading Coalition wants to see that changed. They want books, magazines and newspapers to be added to the exempted list.

The GST will increase the price of Canadian books and periodicals by 15-20 per cent. That increase will affect a lot of people in an adverse way.

The Coalition says publishers will go out of business, libraries will have an increased load, new authors will have a harder time getting published and the general public will have less purchasing power for their dollar.

Jean McKay, manager of the Mount St. Vincent campus bookstore says, "I don't see that the cost (of books and periodicals) will increase by just nine per cent. Everyone's costs are going up and along the line and that cost will have to be passed on."

A survey commissioned by the Don't Tax Reading Coalition shows that 83 per cent of Canadians oppose the taxing of books and 66 per cent oppose the taxing of magazines and newspapers have not been taxed since our confederation.

According to Jean McKay "The most effective method of protesting is to write a letter directly to your local M.P." Also, letters to the Federal Government members don't need stamps.

The Right Honourable Brian Mulroney
Office of the Prime Minister
Ottawa, Ontario
K1A 0A2

The Honourable Michael Wilson
Department of Finance
515-S, Centre Block
Ottawa, Ontario
K1A 0A6

The Honourable Marcel Hasse
Department of Communications
R 1209, Confederation Building
Ottawa, Ontario
K1A 0A6

The Federal Government is providing a toll free number for information and requests for publications regarding GST.

1-800-267-6620 (English)
1-800-267-6640 (French)



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United Way Quirky Kick-off

Celia Sollows

If you were wandering through the Rosaria lobby a couple of weeks ago these mavericks might have assaulted you on their tricycles, or with their nerf balls or the ever-tortuous bo-bo bats.

No, this isn't a group of misbehaving children or even a student demonstration. It is the quirky quatrathalon that marks the United Way campaign kick off.

The Metro United Way is a non-profit volunteer organization that raises and distributes funds to over 50 organizations in our community. These agencies provide services for many groups including the elderly, the physically challenged, crime prevention, and health promotion and service delivery to name a few.

The fund-raising goal for MSVU has been set at \$12,000 dollars with a 51 per cent participation rate. This is only a slight increase from last year when just over \$11,000 dollars were raised with a 41 per cent participation rate.

As of Fri., October 13 MSVU raised just over \$7000 dollars.

Judith Murray, co-ordinator of institutional research and chairperson for the MSVU United Way Committee said, "Ideally we'd like to surpass our goal. Although we've projected a

seven per cent increase we know Metro United Way needs a 13 per cent increase in its donations this year to meet its obligations to member agencies."

Most fund-raising is done through canvassing and over 70 per cent of all donations for Metro United Way comes from employee contributions.

Murray said, "We're trying to bring the campaign to a close by the end of October in terms of canvassing but we will, of course, continue to accept contributions and they will be attributed to the MSVU campaign."

The housekeeping staff held a raffle to raise money for United Way. David Westwater, an MSVU alumna, is the lucky winner of a weekend for two at Citadel Inn, including a meal at Arthur's Dining Room. The raffle raised \$336 dollars to go towards the MSVU campaign.

The student union is in the process of planning a pub to raise money for United Way. Some student societies are also planning to hold events such as the bottle drive the PR Society held over the weekend.

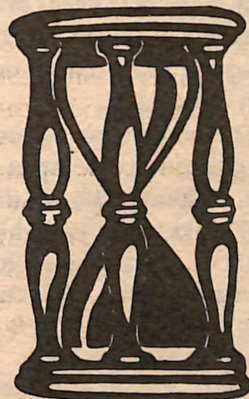
The Metro United Way campaign depends on the activities of such volunteers for their assistance and the favour is often returned. In fact last year United

The Picaro Publishing Board

We are looking for 2 people to sit on the Picaro's Board of Directors.

The only qualification you need is that you not be involved in either the Picaro or Student Council.

To apply pick up an application at the Student Union Office



Way agencies touched one in every two families in metro.

The United Way Annual Report to the Citizen's of Metro sums up the campaign goal. "The success of United Way fund-raising is not just measured in dollars raised or targets met. It is measured mainly in the numbers of people helped."

We Want You!

The Picaro is now hiring.

The following positions are available

- BUSINESS MANAGER
- NEWS EDITOR
- TYPIST

We are also looking for writers. No experience necessary. Just a desire to learn the in's and out's of a newspaper

Come see us at the Picaro,
4th floor, Rosaria Centre

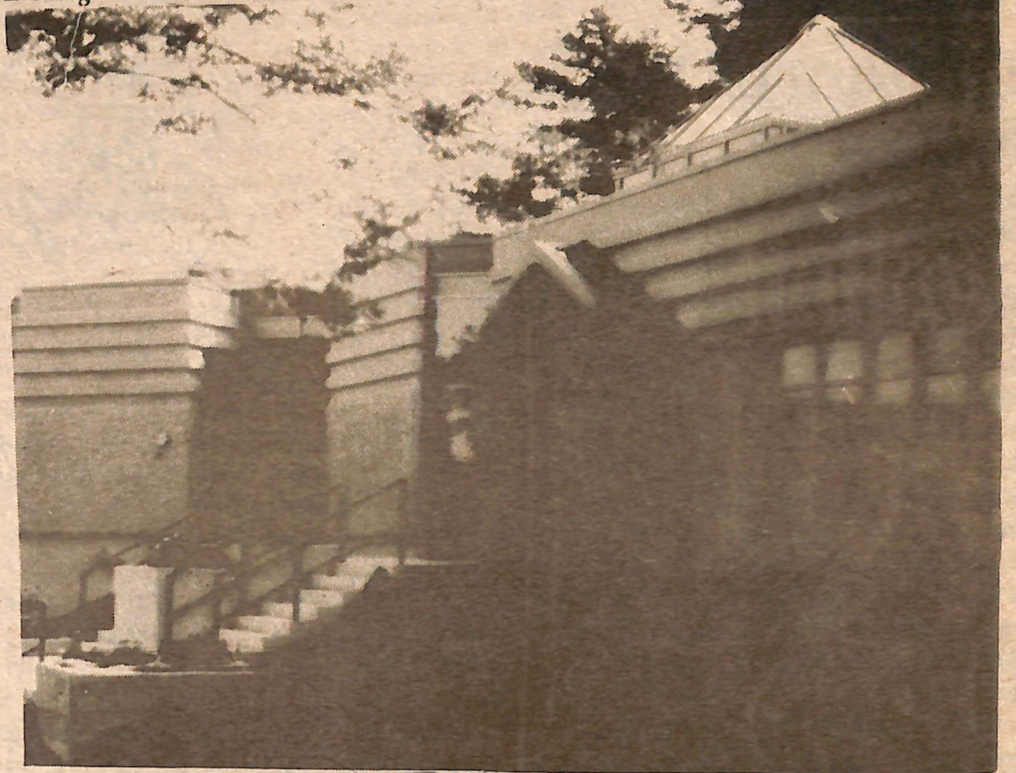
445-3584



Dr. Margaret Fulton

Keith Davis

E. Margaret Fulton Communications Centre Officially Opens Monday October 16, 1989



"The biggest impact in the world of tomorrow will come not just from new technology or from the feminist movement but from the two revolutions coming together to change all our ways of thinking about ourselves and about our

individual roles. The revolution going on in our society today can bring about the liberation of the creative personality. We can and must challenge the present systems and structures. To be fully involved in bringing about a new

age, we must go on learning; we must be fully informed, well-trained and fully responsible. And above all, we must understand our technology and use it creatively and positively." E. Margaret Fulton, 1983.

The Woman's Voice in the Library as a Communications Centre

E. Margaret Fulton, Q.C.

Today you have done me the great honour of naming a building after me. It is an honour that was farthest from my mind when in August of 1983, we put together this first proposal for a communications centre at Mount Saint Vincent University (and quite truthfully if a wealthy donor exists who wants a building named for him or her, please feel free to change it. A new plaque would only cost about \$150.)...

The Nova Scotia tradition in education is unique in Canada, and Mount Saint Vincent University remains an unique part of that great tradition. It is comforting to return and to confirm that the traditions established by the Sisters of Charity remain alive and well. I was saddened when Bishop Hayes stepped down as Chancellor. His wisdom and his great compassion strengthened my own resolve to keep the Mount committed to its mission statement with those twin goals of women's education based on Christian values. I am proud to have my name on a building that stands in relation to the Evaristus, Assisi, Rosaria, and Seton Centres. These names symbolize

women of virtue, courage and faith and most especially women with a deeply embedded sense of their own spirituality--a spirituality rooted within their female natures and hence in our cosmic Mother Earth. The Sisters chose well when they located on this cliff overlooking the Bedford Basin, and if we do have to remove a few trees to meet the needs of an expanding university facility, then we had also better remind ourselves of the need to plant trees. The names of the buildings serve to remind us that while people come and go, the Institution remains faithful to its history and tradition...

We have had a presence among us who epitomizes for me the goals of the university. She is living example of woman's spirituality; a woman of towering intellect even in her nineties, a founding Mother--Sister Francis d'Assisi.

I think it unlikely that she chose the name Sister Francis d'Assisi by mere chance. Although the term "eco-feminist" was not known in the early decades of this century, there was a growing awareness that a strictly mechanistic world view, and the total de-sacralization of nature was destructive both of nature and the human spirit. The very name St. Francis of Assisi symbolized deep ecological wisdom...

The vision and faith of women like Sister Francis built this institution, unique in Canada. It becomes the responsibility and commitment of each of us whether male or female to re-

spect that vision and that uniqueness. Mount Saint Vincent University must not become just another coeducational institution. The history, buildings, environment and ambience of this institution have been different and must remain different, and the administrative structures as well as curricula and buildings must reflect the goals...

A centre puts you all on the leading edge of university education in this country. The commitment I made when I was installed as president, to the Mount as a woman's university, and therefore a university with a different perspective and with new ideas to meet the diverse needs of our times can now, with this new kind of communications centre, begin to fulfil those goals...

There exists the opportunity to create and develop at the Mount, a library with a difference. Thanks to Mr. Bianchini's foresight we already have a good start on a Women's Collection, but one special collection is not the answer to the problem. We should purchase and store under every subject heading only those books that reflect the research and findings which can contribute to changed attitudes and to knowledge that can help unfold a positive future for all people on this small planet; for as I've said on many occasions, the feminist perspective brings with it genuinely basic changes in the very assumptions that can be regarded as legitimate in all our studies and academic disciplines.

Let us take a science as a

case in point. In a letter to King James I, famous for the King James version of the Holy Bible, a book that does little for the image of women, the great Sir Frances Bacon writing in 1623 stated his goal for science:

"You have but to follow and as it were hound nature in her wanderings, and you will be able when you like, to lead and drive her afterward to the same place again...Neither ought a man to scruple of entering and penetrating into those holes and corners, when the inquisition of truth is his whole object."

Bacon

(1623) to James I

The sexist imagery is unmistakable as is the dominance theme. Patriarchal religions began losing their power in the 17th and 18th centuries to the newer secular philosophies and the sciences. The notion of scientific and technological progress remains, however, a conviction in the minds of many people despite a growing awareness that our planet teeters on the brink of ecological disaster. Like women, our beautiful planet continues to be violated and degraded by the use made of our scientific and technological knowledge. Rarely is such knowledge used creatively.

Ironically it was woman, Rachel Carson, who first made us aware in *Silent Spring*, 1962, that there was something seriously wrong with perceiving nature as an enemy to be conquered. How different is the imagery used by her in comparison to Bacon. She Writes:

"The earth's vegetation is part of a web of life in which there are intimate and essential relations between plants and the earth, between plants and other plants, and between plants and animals. Sometimes we have no choice but to disturb these relationships, but we should do so thoughtfully, with full awareness that what we do may have consequences remote in time and place."

Rachel

Carson, *Silent Spring*

1962,

p.64.

Her imagery and theme is totally different to traditional science. Nature is not a demon to be hounded and brought under control. This gentle woman sees the beauty of nature, and recognizes that we humans too are part of this intricate "web of life" that is so complex it defies all rational attempts to unravel it.

I am delighted, Madame President, to know that the Mount has recently established a prestigious Mm. Sauve Chair in Science. Such a chair is highly appropriate. It too focuses the purpose of this new building to bring women and technology together. Further you have an extraordinary sound foundation on which to build--a foundation established by women like Sister Lua, Dr. Lillian Wainwright, and Sister Patricia Mullins. Sister Shelagh Martin and Earl Martin and many other members of faculty are familiar with and link into that tradition. But women who work in science today are recognizing how essential it is to

apply the feminist methodologies which Sandra Harding and Evelyn Fox Keller and many others are writing about. The gender issue cannot be overlooked in Science any more than in other subject fields. Research methodologies must now reflect the feminist pedagogy; otherwise, science and academics will continue to give us more of the same. Education to be effective now must be subversive...

The experts of the modern era have been and continue to be the graduates of our educational system. I am not cheered by hearing the President of the United States recently call for more and better trained students. Most pursuit of excellence means more of the same. University graduates are already too well trained in maintaining the status quo. They go into business, government and the military where they wage an anti-biological revolution against nature. Preservation of the "web of life" is not part of their education. Most are specialists of the most dangerous sort, and our Western ethics and religious systems seem powerless to counter balance this revolution against nature with a strong human moral code. Conference after conference is called on the matter. The latest one on "Ethics and Technology" takes place at Guelph next week, and the lone voice that will be challenging the status quo is that of the esteemed Dr. Ursula Franklin, whom we at Mount Saint Vincent were privileged to honour.

It is my contention that the women's movement presents the only viable alternatives to the entrenched systems which are so largely devoid of ecological wisdom; hence my impassioned plea to keep the Mount focused on its mission. Women students must have space of their own where they can grow and develop and gain confidence. Such growth does not take place in co-educational institutions. With the exception of a few courses in "Women's Studies", the university curriculum fails to provide what Adrienne Rich describes as "The Knowledge of Womankind" and the understanding "Woman's way of Knowing" which is profoundly different from that of "Man's way of Knowing."

In her book, *On Lies, Secrets, and Silence*, she writes:

"If there is any misleading concept, it is that of 'coeducation': because women and men are sitting in the same classroom, hearing the same lectures, reading the same books, performing the same laboratory experiments, they are receiving an equal education. They are not, first because the content of education itself validates men even as it

invalidates women. Its very message is that men have been the shapers and thinkers of the world, and that this is only natural. The bias of higher education, including so-called sciences, is white and male, racist and sexist; and this bias is expressed in both subtle and blatant ways." Adrienne Rich, *On Lies*

and

Silence, p. 241.

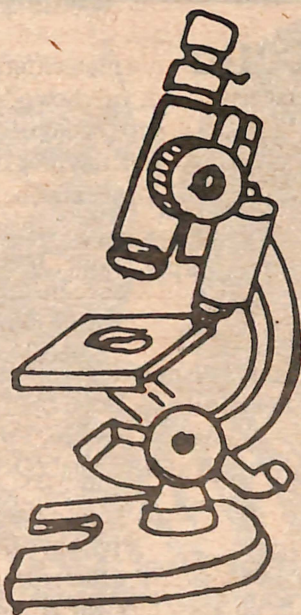
The alternative to the deeply entrenched biases of higher education are more universities like the Mount which offer a different environment, a different perspective and a different ambience. It must be a university which validates women's way of knowing. The opening of a new building is an act of faith. It creates an opportunity to affirm our commitment of women's education, and to renew our links with the traditions, established by the Sisters of Charity at the time of the founding of the university. A building that houses both the library and the most sophisticated broadcast technology offers an unique opportunity. It is not likely we will see an increase of women's universities in the province or anywhere else in Canada, but through the DUET programs, the Mount can send its message to hundreds of women and men who may never have the privilege of attending courses here: DUET and systems like it across Canada are gaining importance as the only viable alternatives to the crass commercialism of the mass media.

To the faculty, I say, you have a tremendous task ahead of you, but what an exciting challenge. The selection of the right books for the library shelves, the correct data base for the computers and the appropriate programs to reflect women's way of knowing is just a beginning. The combination of the women's movement and the use of technology positively and creatively can, as I said back in 1983, liberate the creative personality. We need such personalities whether they be of the male or female sex to give leadership in the movements which all begin under the umbrella of the women's movement--the peace, ecumenical, environmental, native people's and international movements. Since women think primarily in a problem solving mode, new programs must be designed. One great need is in the area of business and economics. Surely it isn't too difficult to mount a study that would factor the cost of environmental clean-up into the budgets of industry

and government. Women have been cleaning you all up all their lives. We know about such things. And think of the job

creation coming from such a positive use of technology. We have allowed our academic disciplines to be tied for too long to an infra-structure geared for the "waging of war." Surely it is time to start teaching students how to wage peace for our "common future," as the Brundtland Commission Suggests.

The libraries and data base of most institutions are today overloaded and groaning with information, much of which is totally obsolete in the light of our ecological predicament. Yours is the task of sifting and selecting the information needed for a positive change in academic programming. But above all you have the responsibility to teach your student no matter what facilities and materials you have or what the subject matter is to think, to discern, to discriminate and to make connections. Knowledge or perhaps more accurately information in isolation is useless. The so-called objective search for "truth" has brought us to the point where "knowledge" supposedly doubles every five years, but little of that mass of material will be original, new or different. The use made of that knowledge will only perpetuate the very systems which are now destroying us...I believe that by focusing on woman and the spiritual dimension of our common humanity the Mount can make a difference. You are in a privileged position to give new leadership in the world of Academia, and by using your new technology, you can communicate yours ideas to a larger society outside of the Mount precincts



Keith Davis

*Dr. Thelma McCormack
Rewrites Educational History
in Fulton Lectures*



*Maureen O'Neil Speaks on
Canadian Universities and the Poor*



Movie Talk

by Jason Reindorp

Sometimes I feel lucky to be reviewing movies for this paper and this is definitely one of those times because I'm getting the chance to warn you away from "The Fabulous Baker Boys." This is definitely a movie to miss.

I don't know why they did it, but the writers for this movie tried to redo a plot common to many older movies. Two brothers, played by Jeff and Beau Bridges, are a piano-playing duo that are going down the tubes in show business. They hire Michelle Pfeiffer's character, an ex-hooker, to sing with them and their popularity takes a turn for the better. Predictably, Pfeiffer's character is "discovered" and she leaves the brother's to make her big break.

Whatever the writers thought made this movie different, didn't work for me. It's a nice movie, as nice movies go, and the singing and piano playing are great.

I did however, find myself yawning and continually checking my watch. It's too bad really because the three main characters have great track records behind them. Unfortunately, it seems in this case they had little to work with, and this will probably be a movie they'll want to forget.

Storm Warning

By F. Owen Keith

Ray Lyell and the Storm visited the Misty Moon in Halifax from October 5th to 7th, spreading a roots-flavoured rock to another new audience.

Yes the Storm is another brand new recording act, but their music is by no means a new sensation. Ray Lyell, Hamiltonian by birth, after travelling the Southern United States for several years, has adopted the powerful yet down-to-earth sound of southern rock and roll. Full-projection harmonies and emotionally loaded choruses characterize this performance, and I couldn't help but compare the Storm with Steve Earle's latest record, "Copperhead Road", for some of Earle's themes were carried by Ray Lyell as well.

The first single from the Storm's Another Man's Gun, is a typical southern or "southwestern" rock song complete with all the hostility that dictated "how the west was won", along with the sentiment of a love song. "Heart of Dixie" is another hard-driving tone that readily reveals its roots, and the softer yet equally powerful "Every Little Thing (Takes a Little Time)" brings home some of that laid back mid-western way of life.

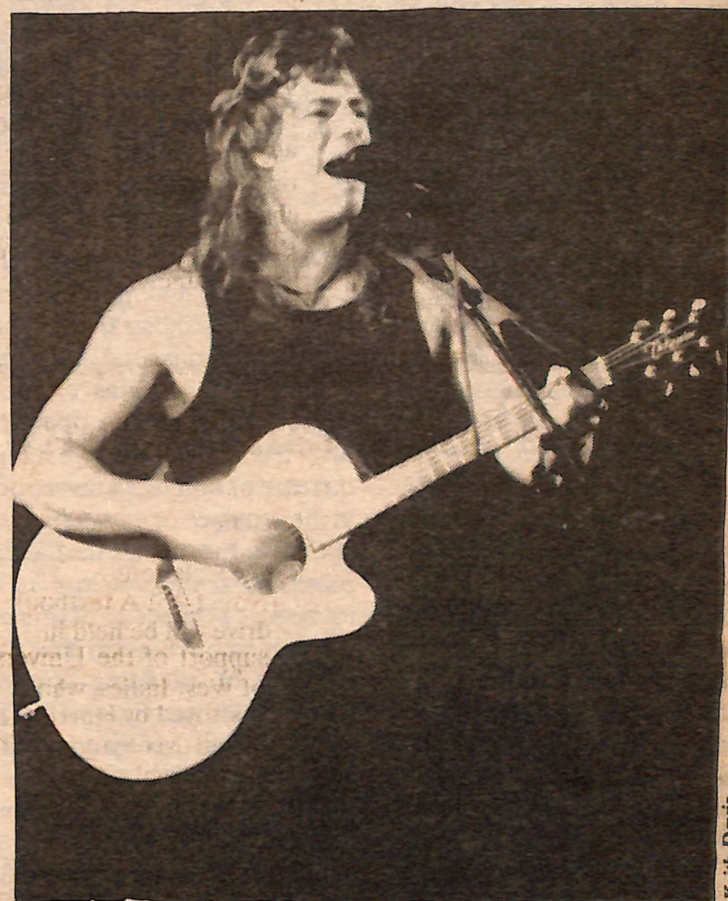
The Storm consists of Ray Lyell; frontman, vocalist and acoustic guitarist (kinda of before Springsteen cut his hair);

Paula Tessaro, who sings alternate lead vocals with Ray, backing vocals and plays the tambourine; David Kristan, guitarist; Vince Rinaldo, keyboardist; Luc Grenier, bassist drummer and backing vocalist.

Ray Lyell and the Storm have released a debut album on A & M Records, so all this excit-

ing, dynamic, punchy music is on your record and disc shelves even as I write.

Have a glorious weekend--and remember, if you intend to exploit the weaker members of society, you will someday be punished by the eternal conscience! So just watch those body slams.



Ray Lyell rocks The Moon.

PICARO ADVERTISING
445-3584

City Scene

MUSIC

Misty Moon

- Youth in Asia (all week)
- David Wilcox (Thurs-Sat)
- Trooper (Oct. 26-28)
- Blue Rodeo (Nov. 3 & 4)
- Tragically Hip (Nov. 9-11)

Palace

- Rob Hanna (Fri. & Sat.)
- Platinum Blonde (Oct. 26-28)

Crazy Horse Cabaret

- Svengali (Thurs.-Sun)

Rosa's

- Dirty Boys (all week)
- Axess (Oct. 23-28)

Symphony Nova Scotia

- Oct. 20 "Happy Birthday Irving Berlin"

- Oct. 26 "The Marriage of Figaro"

Flamingo Cafe & Lounge

- Rave Air (Oct. 19-21)
- Atlantic Benefit (Oct. 25)
- with performances by Rose Vaughn, Black Pool
- Merle Cooter and others
- Roots Round-up (Oct. 26-28)

Metro Centre

- The Jeff Healy Band (Oct. 28)

Dartmouth Sportsplex

- Public Enemy (Oct. 22)

EXHIBITS

Anna Leonowens

- "Sculpture" by Steven McNiven (opens Oct. 17)

- "Kate Brown: Recent Work" (Oct. 31-Nov. 11)

- "Group Painting Show" (Oct. 10-21)

NFB Gallery

- "Production Stills" (Oct. 4-30)
- Includes photos from Creativity Group production "Fragment" (Wayne Lowther) as well as work from "Justice Denied" (David Middleton)

Centre for Art Tapes

- "Aesthetic/Anesthetic" by Chris Woods (until Nov. 3)

AGNS

- Until Nov. 5

- "White Lies"

- "White Black Grey!!?"

- "Harold Feist: Genesis of an Image"

Halifax Planetarium (Sir James Dunn Building, Dal)

- "Galaxies" (Oct 26, 7 p.m.)

- "Stars and Planets" (Oct. 29, 2 p.m.)

Halifax Forum

- "Christmas at the Forum" (Nov. 2-5)

- Thurs 2 p.m. - 10 p.m.

- Fri. - Sat 10 a.m. - 10 p.m.

- Sun 10 a.m. - 6 p.m.

Theatre

- Neptune "Man of La Mancha" (until Nov. 5)

- Cunard Street "Battle Fatigue" (Oct. 27-28)

Films

- Wormwood (Oct. 20-26)

- "Speaking Parts"

- "The Music Master"

- "A Rustling of Leaves"

- Playing in rotation. Call for times 422-3700

- National Film Board (Oct 20 & 27)

- "Reel Jazz"

- Fridays, 8 p.m., admission free

Park Lane

- "A Dry White Season"

Penhorn

- "Look Who's Talking"

Oxford

- "sex, lies and videotape"

Hyland

- "The Fabulous Baker Boys"

Art's Pond

THE MOUNT SURE WAS LUCKY TO HIT AN ELECTION YEAR TO BUILD THE COMMUNICATIONS CENTRE



I APPLIED FOR A GOVERNMENT GRANT TO BUILD A COMMUNICATIONS CENTRE HERE IN THE POND, BUT IT WASN'T AN ELECTION YEAR...



JUST ENOUGH FOR THIS RADIO SHACK 'SPACE PATROL' WAIVER TALKIE



By Shirley Gay

Cervantes devises the story of Alonso, an aging squire whose desire to right the wrongs in his world leads him to become Don Quixote de la Mancha, knight errant and, in his family's eyes, raving lunatic. Don Quixote's

The play is a stirring tale of honour and inspiration, performed by a magnificent cast including award winning Brent Carver (Cervantes), and perennial Neptune favourite, Frank MacKay (Panche), and the thoroughly entertaining Susan Gilmour as Dulcinea. Congratulations to director Tom Kerr and all the cast and crew for a first rate show. If "Man of La Mancha" is a sign of things to come, 1989-90 should be a banner year for Neptune.

For information call 827-3768



"Cemeteries": A Constant in a World of Confusion

by Shirley Gay

The long awaited release of Cemeteries, the debut record from Halifax's Black Pool, was celebrated October 5, 1989, at the Flamingo Cafe and Lounge.

The release party was well attended by fans, friends and industry colleagues, including other local bands, promoters and reporters. The band's performance was one of their best, as they covered their new material (the album has actually been recorded for months), old favourites like

"Teenage Hippie in a Supernatural Foodstore," and some of their well known cover tunes ("Eve of Destruction"). The release party was, the culmination of determination in the face of tremendous internal upheaval. The well-publicized formal break-up of the band over "musical direction", and the continual turn-over of bass players (Jim Davis-Tracy Stevens-current/hopefully permanent Bruce Worrall) made things difficult for a while, but judging by

the quality of the album, the troubles are all ancient history.

The balance of the album is a combination of lead vocalist John-Wesley Chisholm's down-to-earth, often sarcastic observations of life and those living it, and guitarist/vocalist Phil Sedore's soulful comments and questions about more ephemeral issues. Maintains Chisholm, laughing, "I'm the singles man--I've got the chorus-and-hooks structure down. Phil's the intellectual." Also in-

cluded on the album is the crowd favourite, "Linear Thinking on a Spherical Planet," written by drummer Chip Sutherland and Al Wilkie.

Hopefully, all the well-deserved publicity generated by the release party will result in increased record sales (which are already rumoured to be among the best for a Halifax project to date). The album is worth its cost and not only for its content. Chisholm states, "you're not just

supporting (the band), you're buying a little piece of the Halifax music scene."

Now, there's something anyone would be proud to own. Watch for Black Pool to appear at the Mount soon.



VINNIE'S PRESENTS

"Wet/Dry every day and nite"

Every Week At Vinnie's :

MONDAY

- Games Nite - Grab a friend or group and come on down. (Shuffleboard, darts, crib, or bring your own game!)

TUESDAY

- Movie Nite - A double feature of box office hits every week at 7:00pm. and 9:00pm.
FREE ADMISSION

WEDNESDAY

- "IS PUB NITE" - Need we say more, unless you haven't experienced it.....
** All new dance contest with cash prizes **

THURSDAY

- Societies Nite - Open to all societies, for dances, meetings, or just getting together !
Drop by Vinnie's and book your date today.

FRIDAY

- Start off with a hot lunch from 11:30am. til 1:30pm.
- Then check out our top notch weekly entertainment from 3:30 - 6:30pm. Followed by our pre-downtown warm-up party with one of our HOT DJ'S Howie or Rob !

At VINNIE'S we feature a full bar menu including fabulous virgin cocktails !
"Bizarre weekly specials" !!

Hours: 11:00 a.m. til 11:00 p.m. everyday, Wednesdays til 1:00 a.m.

VINNIE'S - WHERE THE WEEKEND STARTS ON WEDNESDAY !!



Into the Woods

by the TDR

Friday, being the end of the week, I went down to the pub to relax and listen to Mike Woods. I didn't, however, know what was in store for me.

I expected a lot of rock and roll and I was surprised when he turned out to be more of a folk and pop artist. Not that I was dissatisfied, indeed he is an excellent performer with Cat Stevens' "Wild World", Simon and Garfunkel, Neil Young and "American Pie".

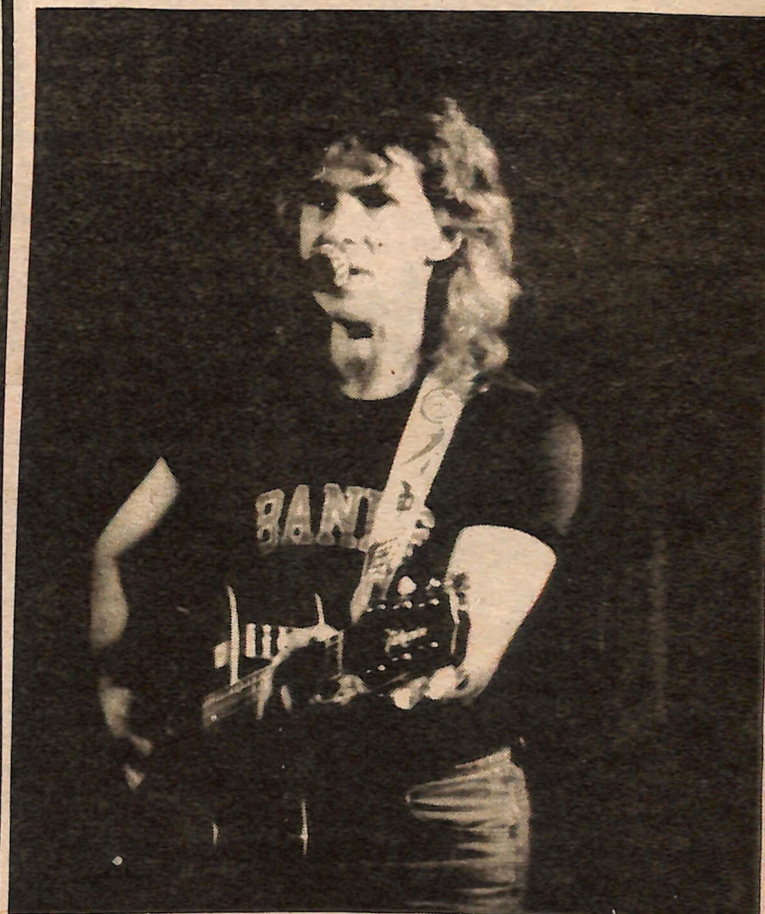
Mixed in with these favourites were a bunch of songs Mike himself had written ranging in

topics the tunes make for some easy listening music which he plans to release sometime next year.

Two songs he sang were truly outstanding and incredibly funny, both of his own creation. These were "Dead Puppies" and the entertaining "F**K Off!" which had the crowd laughing and singing along.

Mike Woods hopes to return sometime next turn in what will probably be an impressive engagement.

Until next week, this is the name in entertainment, the TDR signing off. Cheers!

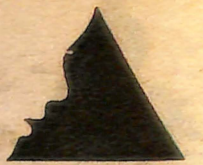


Mike Woods; A Big Hit in Vinnie's

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Eating Disorder Awareness Week October 23 to 29, 1989 Thinness Isn't The Answer...It's What's Inside That Counts

(Press Release
National Eating Disorder
Information Centre)

(Toronto, Ont) Contrary to popular belief, thinness doesn't guarantee happiness. That is the message to be spread across Canada and the United States during the second annual Eating Disorder Awareness Week, October 23 to 29, 1989.

"We all internalize larger social attitudes that in order to be happy and successful and loved in this world, we have to be thin," says Carla Rice, co-ordinator of the National Eating Disorder Information Centre. "But it is absurd to think the size of someone's body has anything to do with their personality, skills and abilities, or their value as a person. This over-emphasis on a thin figure contributes to the

development of eating disorders. That is why the slogan of 'Thinness isn't the answer...It's what's inside that counts' was chosen for Eating Disorder Awareness Week. People are much, much more than their external selves," Rice says.

The week is a co-operative effort by groups across Canada and the U.S. to educate the public on how anorexia nervosa and bulimia nervosa develop, the relationship between dieting and eating disorders, and how eating disorders are identified and treated. It is believed an increased awareness of such issues will help to decrease their incidence in the future.

The 1989 campaign will

target universities and colleges, since eating disorders are an important concern in this population. Moving away from home, growing independence, and the stresses of university life commonly act as precipitating factors to the development of eating disorders in students. An eating disorder seriously affects academic performance, interpersonal relationships and general mental and physical health.

"A parent, friend, teacher, or health care worker who is aware of warning signs and symptoms, and who can explain the dangers to the individual, and encourage her to seek professional psychological treatment, will be playing a very important role in stopping

the problematic eating behaviour early in its development, or preventing the cycle of anorexia or bulimia from beginning at all," says Rice. "Without that knowledge, the eating disorder can go undetected for years, or until the individual has compromised her physical and psychological well-being. The literature also shows the earlier they cycle of anorexia and/or bulimia can be arrested, the shorter and less difficult the treatment period" she said.

Anorexia nervosa commonly begins during adolescence, however, it is not exclusively so, and there are many individuals who have been struggling for years with the disorder and finally present for treatment when they

are in their twenties, thirties and forties. Anorexia is characterized by an intense fear of weight gain, and the relentless pursuit of thinness through restrictive dieting, often accompanied by obsessive exercise. Individuals with bulimia nervosa are caught in a cycle of binge eating followed by some form of purging, or getting rid of unwanted food and calories. Many individuals will induce vomiting, but the abuse of laxatives, fasting, and excessive exercise are also purging methods. As with anorexia nervosa, bulimia is characterized by the fear of weight gain and desire to be thin.

Eating Disorders: The Weight of the Problem

by Catherine Doucette

Jane, 22, is a student here at the Mount. She is studying hard so she can find a job after she graduates this April. Jane (a pseudonym) was a chubby teenager. Her family supported her attempts to diet and lose weight. But she was never really satisfied with her body.

Once, her doctor prescribed diet pills and she lost 10 pounds. But she became addicted to the pills. When she stopped taking them, she quickly gained 25 pounds.

In her first year of university, she gained more weight and became even more unhappy with her body. Then, Jane started her routine. Whenever she thought she should lose a few pounds, she would fast for as long as she could. But once she started to eat again, she could not control her hunger. She would order a large pizza and eat it alone; then she would sneak down to the vending machine for a couple of chocolate bars.

After she finished pigging-out, guilt set in. She would feel so guilty that she would go to the bathroom and make herself vomit.

"I had to get it out of my system," said Jane. "I'd always figure that no food is good."

Eating disorders affect almost one in five college women. In Canada, there are approximately 50,000 young women between the ages of 14 and 24 suffering from Anorexia Nervosa, Bulimia, or a combination of both.

Anorexics usually have an intense fear of becoming fat. They

think they look fat even though they are generally extremely underweight. Bulimics go through a cycle of bingeing and purging. They will eat whatever high calorie food is near and then purge themselves by vomiting, fasting, or abusing laxatives. Both problems include an intense preoccupation with food.

A survey done by a student at the Mount showed that 77 per cent of the female residents are unhappy with their bodies and would like to lose weight. Almost 40 per cent of the women believe that men prefer women who are slimmer than themselves.

Women are usually the victims of this disorder because of social pressures to be thin. It also affects men, but the problem is usually not as common nor as severe.

Generally, being overweight interferes with women's lives more than men, explains Ann Wetmore, psychologist and acting director of Student Services and Counselling at the Mount. Also, women are more likely to be compulsive eaters. They eat because they are depressed and then feel guilty for eating and purge themselves. As a result, they feel guilty because they know they have a problem and the cycle repeats itself.

Elaine (a pseudonym) is a first-year student at the Mount and knows how the cycle goes. "The two things that I always loved to do were eat and play sports. In junior high, everyone always told me how skinny I was. But then I hit high school and even though

I still played sports, these hips just came out of nowhere," said Elaine.

In the fall of grade ten, she gained 10 pounds and that was the last time she was happy with her weight. "I hate dieting or exercising for the sake of exercising. By accident, I found a way to lose weight. When I started drinking beer, sometimes it made me sick. Whenever I ate too much at a party, I'd just grab a couple of beer."

But that stopped working so Elaine found another way. "I used to stick my finger down my throat. Then it got too hard to make myself sick so I just gave up. I still hate my size, but I'm learning to live with it."

What Elaine and others who suffer from this eating disorder do not realize is that purging is dangerous and sometimes ineffective. Fasting or strict dieting causes a rebound effect. The body thinks there is a famine so when one starts to eat again, it stores more of the food to defend against the next famine.

Abusing laxatives leads to the erosion of bowel tissue which can eventually cause some serious problems. Vomiting brings stomach acids into the mouth which erodes tooth enamel.

Jane realized she needed help with her eating problem when she could no longer control her cycle of bingeing and purging. She had virtually stopped eating for three weeks.

"I was really concerned because it was getting out of hand

and I knew it was different. Besides it would only get worse in the work force. I have a phobia about being fat. Anything beyond a certain weight and I become totally unreasonable."

Individuals with eating disorders are usually bright, pretty, high achievers, and terrified of being fat.

I've already had students in my office weighing 67 pounds and saying, 'look how fat my things are', recalls Wetmore. Wetmore is concerned about the number of women who are suffering from eating problems but not getting any help.

Jane is getting help, but it took a lot of courage to make an appointment with the Mount's staff doctor and admit she had a problem.

"For a while, I was sorry that I had told anyone. I wished that people would leave me alone and pretend it wasn't there."

Her friends and family are trying to help. "Nobody knew how to handle it or what to say. My parents are trying to be supportive. But they can't help because they don't know how. This is not a joke and people have got to learn how to handle it."

Jane is finding a way to cope through individual counselling with a nutritionist and psychiatrist at the Victoria General Hospital.

"It's very scientific so it's better for me personally. Before I didn't know what the proper proportions (for weight and food) were," she explains.

But counselling services in Halifax are lacking. "Right now, the best situation for them to be in is university," said Wetmore. "Some students come to our counselling office in Rosaria for help and some students are referred to us by Health Services. Health Services and Student Services are in the same area so it makes it easier sometimes for patients to come to us for help."

Treatment begins with learning how to eat properly. Then, the individuals and their doctors work together to find the reasons behind their eating problem. It takes a long time to start a healthy routine and to deal with all the mixed emotions. Now the problem is affecting more children at a younger age. Some experts put the blame on society's "thin is in" message to women.

"More education is needed because only a small percentage of the population can be the perfect image," says Elaine. "People are literally starving themselves to fit into this image. Something has got to be done to educate the public."

Jane has learned something that she wishes she could share with other girls like herself. "Losing weight will not send away your men problems or any other



Doober



PICARC

campus recreation

Thursday October 19, 1989

10

Fit Tips

Walk Your Way to Better Health

by Lisa Boudreau

Over the last couple of years, walking has become the fitness phenomenon of the late 1980's. According to American Sports Data, more people took up fitness walking last year, more than any of 17 other activities surveyed. It has become the number one participation sport in America, with over 29.7 million people walking their way to fitness.

Why does walking work? For starters, walking can be started at any age, it can be worked into almost any schedule and demands little skill or practice. Brad

Ketchum, editor of the Walking Magazine, says, "The best walk in the world can be found almost anywhere, at almost any time. It's the one that leaves you feeling good about yourself...it's the one in which walking is more than getting there, it's what-and-whom you discover along the way, including yourself."

Fitness walkers report that walking helps them deal with daily stresses; it brings not only contentment, but also clarity and focus to their thinking. As well as the mental health benefits of walk-

ing, there are also many studies that show that walking can be a very effective component of a weight loss program. It the intensity of the walk is sufficient to produce aerobic activity (working within your Target Heart Rate Zone), then calories will be burnt during your walking activity. An average (150 lb) male for example, will burn about 540 calories walking briskly up a 10% incline for 45 minutes. That's more calories than he would burn if he were to run 5.5 mph for the same length of time.

The many benefits of fitness walking extend throughout the body. Here are the six major ones: 1. Walking improves the strengths and efficiency of the heart muscle. A consistent life-long program of fitness can decrease your risk of heart attack; 2. Walking improves muscular strength, and tones the leg muscles, as well as strengthens ligaments, tendons and cartilage; 3. The regular weight bearing activity that walking represents, strengthens bones and helps retard osteoporosis; 4. Walking

preserves lean muscle mass while burning fat; 5. Regular walking improves the way the body handles sugar. Many diabetics, for example, can reduce the amount of insulin they require by starting a regular walking program and; 6. Regular exercise improves self esteem, and help decrease depression, anxiety and stress.

Walking has numerous benefits to your overall health. Why not throw on your sneakers and discover the beauty of it all?

For the Run of It Proves to be Successful

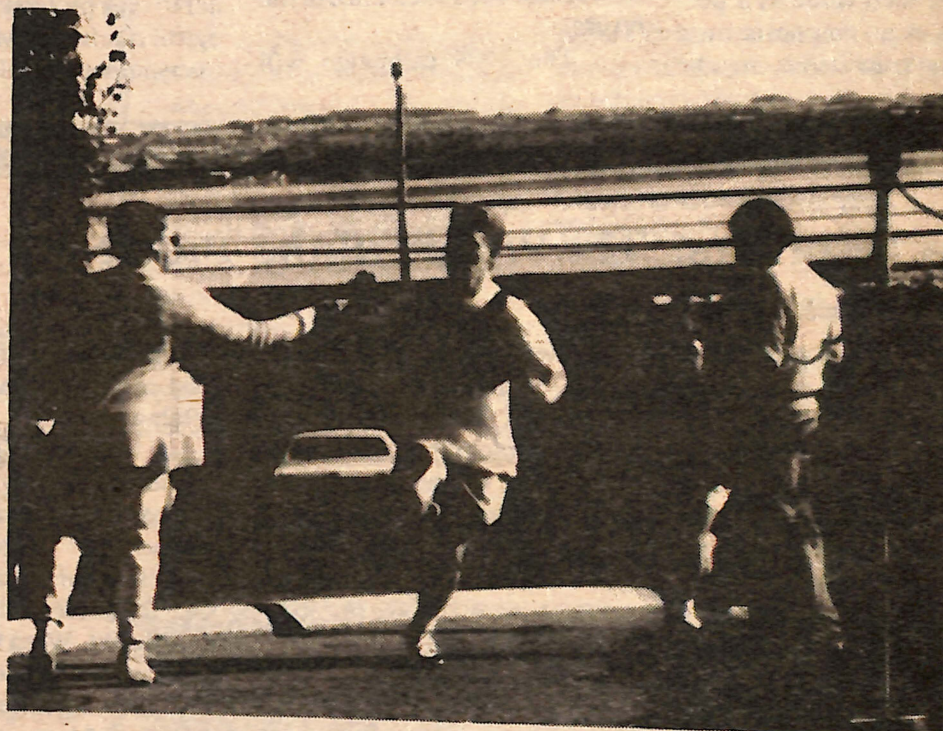
By Simon Tremblay

For the Run of It, the Mount's annual fun run was held Sunday, October 15, 1989, and enjoyed tremendous success. One hundred and ten runners, walkers, stroller pushers and bikers showed up to have fun and show their support for Adsum House, a temporary shelter for homeless and transient women. Many runners showed up in support of this cause, and took part in the 5 km race which was part of the Nova Scotia College Conference Race Series.

Kristen Young was first to cross the finish line with time of 18 minutes and 16 seconds and Melanie Claude, a runner with the Mount's cross country team,

broke the women's 5 km team record with a time of 20 minutes and 21 seconds. The first male team runner to finish was J.T. Poidevin and the first finisher of the gruelling 10 km run was a former Mount cross country runner Mr. Tony Roade, with a time of 39 minutes and 33 seconds. Cheryl Farwell was the first woman to finish the 10 km. with a time of 52 minutes and 45 seconds.

The fun run was the first in a series of events to be held throughout the week. The Athletic/Recreation Department would like to thank all those who participated in this year's events.



Kira Nickerson



Weight A Minute

Weight training is becoming more and more popular with women as they realize the difference between fact and fallacy of lifting weights.

Working out with weights is probably one of the most efficient ways of toning the body. It is next to impossible for women to develop huge muscles. Women bodybuilders develop their muscles by working hours, days,

weeks and sometimes years. Initially they have to start with the proper body type as well.

We are all born with a certain number of muscle fibres in each muscle. Weight training can increase the size of these fibres but not the number.

Weight training will tighten the muscles and burn off the surrounding fat which tends to accumulate from inactivity resulting in toning.

Drop in to the weight room off the gym in Rosaria Centre Mondays from 12-2 p.m., Tuesdays from 5:30-7:30 p.m. or Thursdays from 12-2 p.m. and have one of the instructors show you how to use the equipment safely and set-up a program for you.

OCTOBER 23 - 29TH IS NATIONAL

EATING DISORDERS AWARENESS WEEK

There will be a presentation on Tuesday evening, October 24th at 7:30 P.M. - 9:00 P.M., Courtside Lounge, The Tower, S.M.U. entitled,

"Mirror, Mirror, Reflections on Body Image, Self-Esteem and Weight: A Workshop Examining the Social Pressures to be Thin."

All are welcome. For further information and/or counselling concerning eating disorders, contact Ann Wetmore, Student Services, Ext. 357.

Abrupt End for Soccer Winning Streak

On Saturday, Oct. 14 the MSVU women's soccer team played a determined King's team losing 3-0.

The King's team scored twice midway through the first half and added the third in the

second half. For veterans of the Mount team, it was the first loss for the team in three years.

"We're not out of the play-offs by any means," says coach Patsy Pyke. "It just means we have to win all of our remaining

games and put a lot of balls into the net."

The next home game for the Mount team will be played Sunday, Oct. 22 on the Commons against the Nova Scotia Agricultural College at 1 p.m.

M.S.V.U. ALPINE SKI CLUB MEMBERSHIP MEETING



DOOR PRIZES
WILD SKI FILM

Tues Oct 24, 1989
4:00pm
VINNIE'S LOUNGE



Pepsi Athlete of the Week

This week's Pepsi Athlete of the Week is Melanie Claude. Melanie is a member of the Mount cross country running team.

Melanie, a fourth year business student, is running her third year for the Mount. She has won both of her events in the cross country running series.

This past weekend, Melanie broke the course record in the MSVU run. Congratulations Melanie and good luck with the rest of the season!

Intramural Co-ed Volleyball

Sundays & Thursdays
8:00-10:00pm

Rosaria Gym

Drop-in basis, all welcome!
MSVU students Free
Others \$2/night, \$30-March

Athletics/Recreation Office
Mount Saint Vincent University

SMU Huskies: Class of AUAA

By John Jarvis

The St. Mary's Huskies are showing that they are once again the class of the AUAA football conference. So far they have compiled a perfect record of five wins and no losses, which has earned them the top ranking of all CIAU teams. After five games the Huskies are averaging 49.4 points and allowing only 15.4 points per game. Chris Flynn, last year's CIAU most outstanding player, leads St. Mary's from his quarterback position. He threw six touchdown passes Saturday against Mount Allison, giving him 22 for the year, and in the process setting a CIAU record. Flynn accomplished this despite the fact he did not play at all in the fourth quarter.

The Acadia Axeman are the Huskies closest competitors with a record of three wins and two losses. However, they pose no real threat as St. Mary's has beaten Acadia quite convincingly in their two meetings this year. The lack of competition may be of some concern to coach Larry Uteck and it will be interesting to see how St. Mary's handles stiffer competition in the playoffs. For now, expect to see more lopsided scores and Flynn records as the St. Mary's Huskies breeze through the Atlantic Conference.

INTRAMURALS

M.S.V.U. CAMPUS INTRAMURALS
FALL PROGRAM, October 10- December 7, 1989

SUNDAYS	MONDAYS	TUESDAYS	THURSDAYS	FRIDAYS
Men's Ball-Hockey 5:00-7:00	Women's Volleyball 4:30-5:30		Co-ed Badminton 3:30-4:30	Co-ed Basketball 2:00-4:00
Men's Volleyball 7:00-8:00		Book the Motherhouse Gym for any Tues. or Thurs. and host your own Special Event!		
Co-ed Volleyball 8:00-10:00		Co-ed Badminton 7:30-10:30	Co-ed Volleyball 8:00-10:00	

Nova Scotia College Conference Women's Soccer Standings

	W	L	T	GF	GA	PTS
KINGS	3	1	1	8	3	7
MSVU	3	1	0	8	4	6
NSAC	1	1	2	6	3	4
NSTC	0	2	2	2	7	2
TUNS	0	2	2	1	7	2



To the Editor:

The Mount is highly regarded for its Continuing Education program. Night classes are provided for the convenience of those unable to attend day classes due to other commitments. Sometimes, it happens that the only scheduled time for a course is a night.

Unfortunately, for those of us relying on public transit to attend one of these night classes, a serious inconvenience arises. Due to cut backs, the Dal-Mount shuttle does not run after 9 p.m. The first bus (#16) after class dismissal at 9:35 p.m. is not until about 10:25. Nearly an hour's wait on cold, dark nights. Then arises the problem for many of making connection at Sears--additional waiting time can be up to an hour. Not to mention the time then spent in travelling to your final destination.

This is very discouraging. After talking with a number of other cold, wet, tired students on Tuesday night, I would like to make the following suggestions to alleviate this problem.

1. Resume 10 p.m. shuttle service (at least to Sears where subsequent connections can be made more easily). If budget restraints won't allow this, a smaller bus or van might suffice.

2. Make allowances whereby travelling students can quite class 10 minutes early--without penalty--in order to catch the 9:25 bus on the Bedford Highway.

I hope that prompt attention will be given to this situation. The incentive for night classes is diminished considerably by the inaccessibility of reasonable transit.

Thank you,

Debra G. King

All I Ever Really Needed to Know I Learned in Kindergarten

by Robert Fulghum, Kansas City Times
September 17, 1986

Most of what I really needed to know about how to live and what to do and how to be I learned in Kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandbox at nursery school.

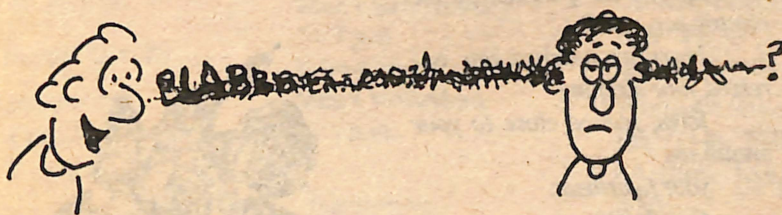
These are the things I learned: Share everything. Play Fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Learn some and think some and draw and paint and sign and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup--they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: Look. Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all--the whole world--had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and cleaned up our messes. And it is still true no matter how old you are, when you go out into the world, it is best to hold hands and stick together.



halloween mardi gras

SATURDAY, OCT. 28

Port Royal Room, World Trade & Convention Centre

9 PM - 2 AM

Eastern Canada's Largest

INDOOR COSTUME PARTY

Best costume wins 2 tickets to Air Canada's
United Kingdom - London, Manchester, Birmingham or Prestwick!
(Tickets must be used before Feb. 28, 1990)

Music by the Aviators

TICKETS: \$8. Available at all It Store locations and the Thirsty Duck.

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Paper Scam Uncovered

TORONTO (CUP) -- Ryerson Polytechnical failed students who bought essays from the Custom Essay Service, but the fate of U of T students also caught is still undecided.

Toronto police have charged the Custom Essay Service with providing forged documents, but left punishment of the students involved up to the universities, even though handing in a purchased essay does constitute fraud.

Police seized documents last spring from the essay service York University called them in to investigate widespread essay purchasing. Several Ontario universities, including the University of Toronto, used the information to link students to

the service.

Derek Sims of the essay service said they were providing original documents and research to their clients.

Just because you purchase research from this office doesn't mean you've done something illegal with it, he said.

U of T has set up a committee to figure out what to do with students who purchased and hand in forged essays.

Sims said the police are being pressured by the universities to press charges against his company and spare the student



By Louise Vande Wiele

Corporations of the 90's will need to prove social responsibility in order to earn public respect and trust. This is the message public relations practitioners and media representatives delivered at the CPRS Issue Management and Damage Control seminar recently held in Halifax.

CPRS National President, John Francis, warned that companies must start looking beneath the bottom line because mistakes made today can become costlier later. "What is beneath every corporation's bottom line is the financial risk created during the current quarter which may materialize in the next quarter or the next decade," added Francis. He said that although public relations practitioners are hired to protect the public's trust in the firm, they are mostly ignored within their companies.

Sarah Thorne, corporate public relations and employee communications manager at Dow Chemical, said that a change is taking place and participative management is becoming the predominant practice of the day. "We now live in what P.R. guru Phil Lesly call 'the age of the human climate,'" added Thorne. "What determines how an organization can function is how people feel about it - it's a matter of trust."



Advice From A Criminal

Have you ever killed anyone?
I have.
It seems so easy to plan.
Then you do it.
It's over with so quickly.
No problem.
The guilt doesn't come until later—
suddenly.
You see things that remind you of
the victim.
You mourn.
You believe people see right through
you..
You worry.
It begins to eat you up inside.
You go crazy.
Then you can't take the guilt
anymore.
You confess.
Have you ever killed anyone?
Don't!

- Micares

It is quickly a fact that practitioners must make themselves heard in the boardroom and demand the role of corporate conscience and ethics managers. "We must have credibility with management in order to handle crisis situations as well," said Thorne.

In order to gain entrance into management Francis added that practitioners must be aware of every aspect of their environment and be proactive instead of reactive. Paul Palango, news editor at the Globe and Mail, stressed that to be effective in public relations, practitioners must have a clear idea of what their job and goals are. He emphasized the necessity of targeting an audience before sending information out. Ensuring that the right publics obtain the right information before a crisis, can help ease the corporation's position during an emergency situation.

An effective way to protect the firm in an emergency is crisis management which incorporates both planning and reacting to a crisis. "More and more executives are being trained by public relations professionals in how to deal with crisis," added Francis. "We must recognize that the first few hours of a crisis determines the public's ultimate view of who

is at fault." Being prepared therefore, ensures that damage control begins long before a crisis occurs.

Dr. David Bell, executive director, Inquiries Secretariat, Transport Canada, used the Gander Airport plan crash to illustrate that a tested plan increases the corporation's ability to deal with a crisis. He stated that the media arrives, fully equipped, very quickly, so a media centre, and a trained spokesperson should be available to answer their questions. "Remember that emergencies can happen anywhere, anytime, and information moves fast," added Bell. "You have to get management's attention quickly and supply them with a list of do's and don'ts."

In answer to Bell's comment about the press descending upon diasters quickly, George Hoff, producer of CBC's The National, said that the media must follow rumours in order to be there when a story breaks. "We move first, then we ask questions," declared Hoff. He added that the phrase "No comment" should never be used. "It doesn't mean there is no story--on the contrary you give confirmation that something is going on," said Hoff.

Supporting Hoff's point, Gordon Grant, CP's Ottawa Bureau Chief, reminded practi-

tioners that if the corporation refuses to speak to the press about a given situation, reporters will get information somewhere else, and usually not at the firm's advantage. "Deal with the media immediately to avoid looking bad in the future," agreed Globe and Mail reporter Kevin Cox.

However, firms sometimes don't always realize that an issue will become a crisis because of the media coverage it attracts. Throne recalled the 1985 spill at Dow's Sarnia Division of dry-cleaning fluid--perchloroethylene--which became known as "The Blob". The company acted quickly and honestly but learned that when people are afraid, facts are not always enough to overcome public perception. "We continued to manage the issue as a local, manufacturing incident of little consequence from a scientific perspective," said Thorne. "Needless to say, the issue dragged on and on and Dow was front page news for months."

This public relations nightmare taught them which ground rules to apply when dealing with issues. To begin with, management must realize that the issue is not a technical one, but a human one which includes feelings, emotions, fears and expectations, so the firm must be flexible and adaptable.

Secondly, public relations practitioners should avoid creating negative feelings while preparing the company for possible emergencies, this activity should be approached positively. Finally, in order to discourage "group think", people from various disciplines and levels in the organization should be involved in the planning and outside experts consulted.

Today's corporations should strive to be visible at all times, not only when problems arise--the firm and its employees must take an active part within the community. "We've learned that perception is reality," said Thorne. "And perceptions, not facts, determine what will happen."

The public relations profession has seen many educational and ethical changes in the past decades which have transformed its image. Trained practitioners are prepared to help all corporations communicate a positive image to the public and they are ready to take their place among management. As Francis said: "Public relations has come of age and the 90's belong to its practitioners." ion should be involved in the planning and outside experts consulted.



A Love Divided

Spell bound in your eyewave
Suspended state of mind
You're living in my head
You don't know who I am

Prisoner of a heart
Who's owner can't see pain
Two worlds cannot co-exist
Without damaged souls

Fell a cloud of morning
Moving in on me
Try to hold on to the past
Kills memories and dreams
- Micares



Nocturne

By Frederick H. MacKinnon

Drumbeats like breaking
waves in an accelerated
ocean, synth overhead is a
breeze shaping
a landscape with old scars
and trickling open
wounds, bleeding slowly. A
few misfit
clouds, bursts of static in
monochrome blue,
blunder across the scene.
Voices become
volcanoes, words rising and
burning down
to even settle ash, leaving
nothing but
grey stillness and echoes of
meaning.
Such is the state of things in
the
middle of the night, a tense
coiled

madness crouched in darker
corners than
absence of light can supply.
Repeated notes in a melody
supply meaning;
repeated actions become
meaningless, night
follows day deeper into it-
self, drifting naturally
like falling leaves. Some-
thing waits below,
lurking, something silent as
a cave-pool,
something that never shiv-
ers, no matter what
happens. An absence of fear
isn't an absence
to it. And it's ever so patient.
It only exists when your eyes
are closed.
In the silent dark when noth-
ing moves
you'll know it's there, plan-

ning, dreaming, seeing
invisibly claws ripping out
your backbone,
dripping flesh. It's dreaming
of its day out
from Under.
You might catch a glimpse
of its form,
a red silhouette playing across
the inside of eyelids,
as the light fades and you
slip into the gentler arms
of sleep.
If you awake shivering sweat-
ing, jolted
upright as if struck by an
electric arc, you'll
know it's touched you, ca-
ressed your sleeping
form, leaned close to your
breathing,
your heartbeat.
Goodnight.



NHL Season Opens With a Bang

By John Jarvis

The NHL season is only two weeks old, but already there have been some major developments. Eight players from the Soviet Union have played at least one game for their respective teams. Sergei Makarov seems to have made the quickest adjustment. He has scored two goals and added ten assists in just six games for the Calgary Flames. This is not a big surprise because Makarov was considered to be the best player on the Soviet National team and it doesn't hurt that he is now playing with Stanley Cup champions. Jimmy Carson has quit the Edmonton Oilers and gone home to Detroit. Carson, who had one goal and two assists after four games, has been unhappy ever since he was traded to Edmonton from Los Angeles in the Gretzky trade. Edmonton was involved in a similar dispute with all star defenceman Paul Coffey two seasons ago. Coffey held out and was eventually traded to Pittsburgh about half way into the season. Glen Sather, Edmonton's general manager, will not rush to trade Carson to the first taker. He knows he has a fifty goal score in Carson and will demand fair market value. Look for Carson to go to an American team, such as Detroit, Minnesota, or the New York Rangers. The biggest achievement this year has been Wayne Gretzky surpassing Gordie Howe as the NHL's all time scoring leader. Gretzky has compiled 1852 points made up of 642 goals and 1210 assists. With a flair for the dramatic Gretzky scored in the final minute of a game with the Edmonton Oilers to tie the score and send the game into overtime, as well as break the record. He then scored in overtime giving Los

Angeles its fourth victory of the year. It was fitting that "the great one" set the record in the city where he led the Oilers to the top of the NHL and four Stanley Cups. Gretzky will now set his sights on Howe's record of 801 career goals.

Since it is the start of a new year I thought I would and take a guess at their possible finish in the 1989-90 season.

The Adams Division consists of Montreal, Boston, Buffalo, Hartford and Quebec. Montreal should finish first in this division. They have undergone some changes with the loss of Larry Robinson to the LA Kings and Bob Gainey and Rick Green to retirement. These players have been replaced by Tom Chorske, Sylvain Lefebvre and Jyrki Lumme. The defense is much younger now and will make some rookie mistakes, but it is still one of the best in the league. Chris Chelios, Craig Ludwig and Petr Svoboda anchor the defense in front of Patrick Roy and Brian Hayward. These two may be the best goaltending tandem in the NHL. The offense should receive a shot in the arm with the addition of Stephan Lebeau, last year's AHL scoring leader. Look for Stephane Richer to return the form which saw him score 50 goals two years ago. Bobby Smith and Mats Nashund should continue their consistent play and Russ Courtnall will give Montreal speed on the wing in his first full year with the Canadiens. Guy Carbonneau, Mike McPhee and Brian Skrudland are among the best defensive forwards in the league. This defensive strength should assure that Montreal will challenge for the Stanley Cup again this year.

The Buffalo Sabres are a team on the rise. They have a new coach in Rick Dudley and added Soviet defector Alexander Mogilny in the off season. Mogilny was considered to be the best young prospect in the Soviet Union. The offense is strong with Pierre Turgeon, Rick Vaive, Dave Andreychuk, Phil Housley as well as Mogilney. Turgeon should get 100 plus points in this year his third season. Doug Bodger, Mike Ramsey and Housley give the Sabres a steady defense and goaltending should be no problem with Darren Puppa, Clint Malarchuk and Jacques Cloutier. Buffalo had such confidence in Puppa that they traded former number one goalie Tom Barasso to Pittsburgh. Staying healthy will be a key for Buffalo because they don't have a lot of depth. If they can accomplish this they should edge out Boston for second place.

The Boston Bruins have been one of the NHL's most successful teams. Last year was

their twenty second consecutive winning season. Boston is a workmanlike team, typified by players such as Cam Neely, Randy Burridge and Ken Linseman. Ray Bourque is a perennial all star and with Glen Wesley and Greg Hawgood the Bruins defence looks solid if not deep. Goaltending is strong with Reggi Lemelin and Andy Moog, but offense is where the Bruins are weak. Neely Linseman and Craig Janney have to carry too much of the load and if they are not scoring the Bruins are in trouble. Boston will again be tough, they always are, and should give Buffalo a good run for second in the Adams.

The Hartford Whalers and Quebec Nordiques should battle it out for the final playoff spot in the division. The Whalers get the edge in my opinion. Ron Francis, Kevin Dineen, Ray Ferraro and newcomer Pat Verbeek, from New Jersey, will provide the offense, Peter Sidorkiewicz, the spelling bee nightmare, will

try to keep the puck out of the net behind a no name defense. Rick Ley, the new coach, has quite a challenge, but the talent available should be enough to give Hartford fourth place.

The Nordiques are an aging team with players like Peter Statsny, Michel Goulet and Guy LaFleur. The offense should pick up from last year with the return of coach Michel Bergeron, but the defense still has too many question marks. Ron Tugnutt and rookie Stephane Fiset should see a lot of action in the Nordique net and may get some help from Soviet goaltender Sergei Mylnikov if he ever decides to lose some weight. The season will be interesting with LaFleur and Bergeron back in town, but it will probably be a last place finish for Quebec once again. Keep the puck out of the net behind a no name defense. Rick Ley, the new coach, has quite a challenge, but the talent available should be enough to give Hartford fourth place.



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Ongoing Events

Thursday, Oct. 19

Intramural
Coed Badminton
3:30 - 4:30
Intramural
Coed Volleyball
8 - 10 p.m.

Friday, Oct. 20

Intramural
Coed Basketball
2 - 4 p.m.

Saturday, Oct. 21

Women's Soccer
MSVU at NSTC

Sunday, Oct. 22

Women's Soccer
NSAC at MSVU
1 p.m. at the Commons

Intramural
Men's Ball Hockey
5 - 7 p.m.

Intramural
Men's Volleyball
7 - 8 p.m.

Intramural
Coed Volleyball
8:00 10:00

Mon. Oct. 23

Intramural
Women's Volleyball
4:30 5:30

Tues. Oct. 24

Intramural
Coed Badminton
7:30 10:30

Wednesday, Oct 25

Woman's Soccer
MSVU vs. TUNS
Chebucto Heights Field
4:30

Mount Alpine's
Ice Hockey
10:30pm

Dalhousie Arena

PICARO

WRITING WORKSHOP: Pa-dric Brake, field worker for the Atlantic Region of the Canadian University Press, will give a writing workshop for those interested in a few tips on news writing. This workshop is especially for those who would like to write for the Picaro this year. Join us in the Picaro office at 6 p.m. on Thursday, October 26, 1989. We really need your support and involvement.

Sunday mass on campus weekly during the academic year at 4 p.m. in the chapel in Evaristus. Needed for these celebrations -- guitarists and/or leaders of song to work with core music ministry group. Contact: Sr. Lorraine.

Twenty students are needed to work as ushers for Baccalaureate Mass and Convocation on Sunday, October 22, 1989, from 8:00 a.m. to 4:30 p.m. at \$4.50/hour. Students must be Canadian Citizens or have landed immigrant status. Please apply to: Dean Susan Clark's office, Seton 301. Office hours: 8:30 a.m.-12:00 p.m. and 1:00 p.m.-4:30 p.m.

MSVU ART GALLERY: Africville: A Spirit That Lives On, an exhibit celebrating the community that wouldn't die, opens Friday, Oct. 20, 1989. It begins with a service of dedication at Cornwallis Street Baptist Church at 7 p.m., followed by the opening at 8:30 p.m. at the Mount gallery. The exhibition continues to November 19. For further information call the gallery at 443-4450.

COALITION AGAINST APARTHEID: Monthly meeting is Wednesday, Oct. 25, 1989, at 7:30 p.m. in the Dalhousie SUB.

"Liberating South African History: Incorporating Gender into Revolutionary Analysis of South Africa." A Dal Women's Studies seminar by Marc Epprecht. Thursday, Oct. 26, at 3:30 p.m., Multidisciplinary Centre, 1444 Seymour Street.

Dalhousie Law School will be holding an admissions information session on Thursday, Nov. 2, 1989, at 7 P.m. in Room 115 of the Weldon Law Building on University Avenue for all prospective applicants in the Metro area interested in applying to Dalhousie Law School for the 1990-91 academic year.

CAMPUS MINISTRY: Monday, October 30, 1989, 4:15 p.m. Fourth annual Peace Service.

DALHOUSIE: Dalhousie School of Occupational Therapy invites you to an open house on Oct. 20, 4:30 - 8:00 p.m. and Oct. 21, 10:30 - 1:00 p.m. Second floor Forrest Building, University Ave. For information contact Sherry Goreham.

SAINT MARY'S: Saint Mary's University Red Cross Blood Donor Clinic will be Thursday, Oct. 19, in the SMU multi-purpose room (Layola Building Room 230) at 2:30 - 4:30 p.m. and 6:30 - 8:30 p.m.

WORD PROCESSING: The Atlantic Word Processing Association is presenting a workshop on Word Perfect versions 5.0 - 4.2 on Saturday, October 28, 1989, 11:30 a.m. - 2:30 p.m. at the IBM Lab Saint Mary's University. Fee: \$10 members, \$20 non-members. For more information call 434-9302.

JOB OPPORTUNITIES: London Life is hiring a sales rep. for the Halifax-Dartmouth area. You must be a Spring 1990 graduate or alumni, with a bachelor's degree in any discipline. Submit a resume and/or ACCIS application on or before the deadline of Nov. 3, 1989. Interviews will be held on Nov. 28.

McCain Foods has positions open in sale and marketing, finance, and production management for the Florenceville, New Brunswick location. For sales, marketing or finance applicants students must be a Spring 1990 graduate or alumni with a Bachelor of Business Administration, major in accounting or marketing. For production management trainee, students must have a bachelor's degree in any discipline. Submit a resume, ACCIS application, and a transcript of marks on or before the prescreening deadline of Thursday, Oct. 26. Interviews will be held November 23.

MARRIAGE PREPARATION PROGRAM: Archdiocese of Halifax. A seven session series on Tuesday evenings at 7:30 p.m. will begin on November 7, at St. Joseph's Church Hall, Halifax. For further information contact the Campus Ministry Office (Rosaria Rm 120) or register directly with Elaine Pellerin, Catholic Pastoral Centre, 429-9800. Fee \$20.

KNIGHTS OF COLUMBUS: The Rockingham Council, Knights of Columbus will host a Spook's Dance at Our Lady of Perpetual Help Parish Centre.

YMCA: The Halifax YMCA, 1239 Barrington Street, is offering a weight training clinic October 24 and 26 7 - 8:30 p.m. \$18/person. Pre-registration is required. Deadline is October 20th. Must be 18 years or older. For more information call 423-6162.

The Halifax YMCA, 1239 Barrington Street, is offering a five week beginner typing course Monday and Wednesday nights from Oct. 23 to Nov. 29, 6:30 - 9:30. Fee \$110. For more information call 423-6162.

TOTALLY YOURS: On Oct. 22, from 9 a.m. to midnight, hairdressers throughout Halifax will be participating in a Cut-a-Thon to support Bryony House, a shelter for battered women and children. By buying a door prize ticket for fifteen dollars, you'll be eligible to win great giveaway prizes and get absolutely free, a haircut or shampoo and style. So do your part to help stop abuse. Join us on Oct. 22, at Totally Yours, 1583 South Park Street and help "Cutting into Abuse" 1.

Bedford Highway, Saturday, Oct. 28, 1989, from 9 p.m.-1 a.m. The Joey Carver Orchestra, Fast Frank's cuisine and prizes for best costumes ensure a night of "treats for all" for only \$20 per couple. Book your table today by calling John (443-9297) or Pat (443-5833).

BEDFORD PRESBYTERIAN CHURCH: Invites you to a film by Dr. James Dobson: "The Family Under Fire (How You Can Deal With Anti-Family Pressures in Our Society)". Wednesday, Oct. 25, at 7:30 p.m. in the Lions Den, 36 Holland Ave. in Bedford.

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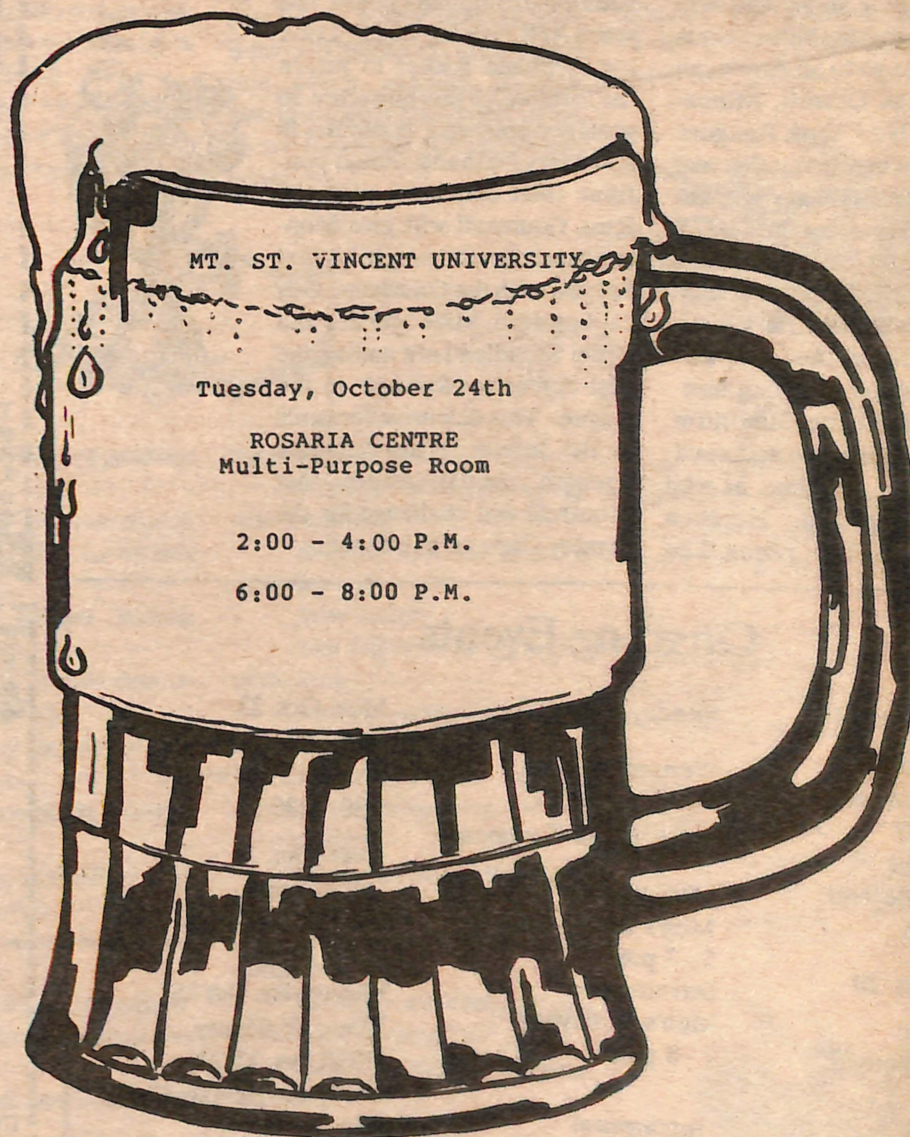
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